



BUILDING HEALTHY HABITS

A Healthy Start to the New School Year!

Hey families,

A new school year brings new routines, new teachers, and new goals. It can also bring many changes for children and families.

Being in school regularly is an important part of your child's health and learning. Each day gives children time to learn new skills, build friendships, connect with teachers, and feel part of their school community. Missing many school days can make it harder for children to keep up with learning and their daily routine.

Small healthy habits can help your child be ready for school:

- Keep a regular bedtime and morning routine.
- Offer healthy meals and snacks when you can.
- Practice good handwashing.
- Keep up with doctor and dental visits.
- Talk with your child about how they are feeling.
- Get backpacks and school items ready the night before.

We know that life happens. Children get sick, families have busy schedules, and sometimes getting to school can be hard. If your child is absent, stay connected with their teacher and school team.

Every school day matters, and so does your child's health. Taking care of both can help your child feel ready to learn, grow, and enjoy their school year.



Early Childhood - HRL Preschool

For young children, everyday learning matters. Preschool helps children build social, language, and school skills through play and everyday activities.

Help your little one get ready for school by:

- Reading together
- Talking and listening
- Keeping a regular sleep routine
- Practicing healthy habits
- Making mornings calm and positive

If your child is sick, give them time to rest and recover. When they are feeling better, help them get back into their school routine.



Resource Family Corner

Sometimes health, transportation, childcare, or other family needs can make school attendance difficult. **You are not alone.**

If something is making it hard for your child to attend school regularly, talk with your child's teacher, school staff, or HRL team. They may be able to connect your family with helpful resources.

Remember: Asking for help is a strength. We want every child to have the support they need to be healthy, present, and ready to learn.

